

YOGHURT Per 100g	Unit	Plain yoghurt low-fat	Fruit yoghurt low-fat	Fruit yoghurt fat-free	Drinking yoghurt	Butter-milk	Maas
Moisture	g	86.4 ¹	80.1 ¹	75.4 ³	80.3 ²	88.2 ¹	87.8 ¹
Energy (Gross)	kJ	292 ¹	422 ¹	405 ⁶	372 ²	279 ¹	311 ¹
Energy (Calculated)	kJ	251 ¹	350 ¹	399 ³	357 ²	244 ¹	269 ¹
Protein (N x 6.38)	g	4.33 ¹	3.79 ¹	4.40 ³	2.85 ²	3.30 ¹	3.30 ¹
Carbohydrate (Calculated)	g	6.54 ¹	13.7 ¹	19.0 ³	14.4 ²	4.93 ¹	4.61 ¹
Lactose	g	3.79 ¹	3.67 ¹	3.8 ⁴	3.47 ²	3.77 ¹	3.68 ¹
Total Fat	g	1.86 ¹	1.53 ¹	0.20 ³	1.75 ²	2.84 ¹	3.66 ¹
Total Saturated	g	1.11 ⁶	0.929 ⁶	0.110 ⁶	1.08 ⁶	1.78 ⁶	2.35 ⁶
4:0	mg	37 ³	34 ³	9 ³	40 ⁵	90 ⁵	110 ⁵
6:0	mg	25 ³	23 ³	1 ³	30 ⁵	50 ⁵	80 ⁵
8:0	mg	16 ³	15 ³	2 ³	20 ⁵	30 ⁵	50 ⁵
10:0	mg	75 ¹	81 ¹	4 ³	44.1 ²	68.7 ¹	101 ¹
12:0	mg	80 ¹	80 ¹	3 ³	53.4 ²	84.3 ¹	119 ¹
14:0	mg	229 ¹	204 ¹	17 ³	169 ²	293 ¹	398 ¹
16:0	mg	478 ¹	385 ¹	55 ³	472 ²	781 ¹	1029 ¹
18:0	mg	158 ¹	95 ¹	19 ³	255 ²	368 ¹	444 ¹
20:0	mg	9 ¹	12 ¹	–	–	9.96 ¹	17.0 ¹
Total Mono-unsaturated	g	0.478 ¹	0.300 ¹	0.048 ⁶	0.431 ²	0.899 ¹	1.09 ¹
14:1	mg	29 ¹	45 ¹	–	11.3 ²	24.1 ¹	33.8 ¹
16:1	mg	41 ¹	38 ¹	7 ³	13.6 ²	40.3 ¹	46.1 ¹
18:1	mg	408 ¹	217 ¹	41 ³	406 ²	835 ¹	1015 ¹
Total Poly-unsaturated	g	0.05 ¹	0.085 ¹	0.016 ⁶	0.044 ²	0.06 ¹	0.077 ¹
18:2	mg	40 ¹	61 ¹	10 ³	36.6 ²	45.5 ¹	58.9 ¹
18:3	mg	10 ¹	24 ¹	6 ³	7.63 ²	14.6 ¹	18.2 ¹
Cholesterol	mg	8 ¹	7 ¹	2 ³	6.03 ²	9.22 ¹	10.6 ¹
Minerals							
Calcium	mg	149 ¹	145 ¹	152 ³	142 ²	144 ¹	162 ¹
Iron	mg	0.07 ³	0.06 ³	0.07 ³	0.1 ⁴	0.05 ³	0.1 ⁵
Magnesium	mg	14.9 ¹	15.0 ¹	15 ³	24 ²	17.4 ¹	14.3 ¹
Phosphorus	mg	110 ¹	106 ¹	119 ³	87 ²	88.3 ¹	92.9 ¹
Potassium	mg	194 ¹	197 ¹	194 ³	155 ²	160 ¹	190 ¹
Sodium	mg	65.6 ¹	74.2 ¹	58 ³	58 ²	101 ¹	70.7 ¹
Zinc	mg	0.83 ³	0.67 ³	0.74 ³	0.3 ⁴	0.42 ³	0.59 ⁵
Copper	mg	0.013 ³	0.079 ³	0.011 ³	0.01 ⁴	0.011 ³	0.01 ⁵
Chloride	mg	170 ¹	160 ¹	120 ⁵	109 ²	155 ¹	204 ¹
Manganese	µg	4 ³	64 ³	35 ³	trace ⁴	2 ³	4 ⁵
Selenium	µg	4.9 ³	2.8 ³	6.0 ³	1 ⁴	2.0 ³	2.2 ⁵
Iodine	µg	63 ⁴	48 ⁴	–	4 ⁵	–	–
Fluorine	µg	△12.0 ³	△9.0 ³	–	20 ⁵	△4.0 ³	–
Boron	µg	60 ⁵	–	–	72 ⁵	36 ⁵	–
Chromium	µg	–	–	–	4.8 ⁵	–	–

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Vitamins							
Retinol	µg	20.4 ¹	20.4 ¹	2 ³	24 ²	33.7 ¹	37.5 ¹
Beta carotene	µg	2 ³	2 ³	4 ³	trace ⁴	1 ³	20 ⁵
Vitamin B1	mg	0.02 ¹	0.02 ¹	0.040 ³	0.022 ²	0.0192 ¹	0.0161 ¹
Vitamin B2	mg	0.19 ¹	0.15 ¹	0.180 ³	0.248 ²	0.151 ¹	0.149 ¹
Vitamin B3	mg	0.107 ³	0.086 ³	0.100 ³	0.09 ⁴	0.058 ³	0.1 ⁵
Vitamin B6	mg	0.0381 ¹	0.0547 ¹	0.040 ³	0.103 ²	0.173 ¹	0.0164 ¹
Folic acid	µg	•11 ³	•9 ³	•9 ³	•12 ⁴	•5 ³	7 ⁵
Vitamin B ₁₂	µg	0.53 ³	0.43 ³	0.47 ³	0.2 ⁴	0.22 ³	0.4 ⁵
Biotin	µg	2.9 ⁴	2.3 ⁴	–	0.9 ⁴	2.1 ⁴	1.8 ⁵
Vitamin C	mg	0.8 ³	0.6 ³	0.7 ³	0 ⁴	1.0 ³	1 ⁵
Vitamin D ^o	µg	0.01 ⁴	0.01 ⁴	trace ⁵	trace ⁴	trace ⁵	0.03 ⁵
Vitamin E	µg	49.2 ¹	77.1 ¹	60 ³	32 ²	110 ¹	125 ¹
Amino acids							
Total (Calculated)	g	4.44 ⁶	3.96 ⁶	5.40 ⁶	2.80 ⁶	3.44 ⁶	3.46 ⁶
Arginine	mg	179 ¹	153 ¹	151 ³	119 ²	126 ¹	129 ¹
Serine	mg	251 ¹	230 ¹	305 ³	146 ²	188 ¹	190 ¹
Aspartic acid	mg	359 ¹	325 ¹	394 ³	198 ²	258 ¹	254 ¹
Glutamic acid	mg	828 ¹	738 ¹	966 ³	528 ²	697 ¹	700 ¹
Threonine	mg	186 ¹	165 ¹	202 ³	131 ²	153 ¹	158 ¹
Glycine	mg	157 ¹	146 ¹	121 ³	61.4 ²	74.1 ¹	70.7 ¹
Alanine	mg	177 ¹	185 ¹	212 ³	103 ²	117 ¹	121 ¹
Tyrosine	mg	188 ¹	184 ¹	247 ³	106 ²	146 ¹	145 ¹
Proline	mg	445 ¹	393 ¹	581 ³	261 ²	318 ¹	315 ¹
Methionine	mg	123 ¹	108 ¹	145 ³	67 ²	86.3 ¹	89.6 ¹
Valine	mg	219 ¹	168 ¹	407 ³	172 ²	213 ¹	209 ¹
Phenylalanine	mg	203 ¹	175 ¹	270 ³	128 ²	166 ¹	165 ¹
Isoleucine	mg	217 ¹	177 ¹	269 ³	149 ²	178 ¹	178 ¹
Leucine	mg	376 ¹	332 ¹	496 ³	224 ²	308 ¹	306 ¹
Histidine	mg	111 ¹	100 ¹	122 ³	126 ²	87.4 ¹	90.6 ¹
Lysine	mg	334 ¹	307 ¹	439 ³	214 ²	265 ¹	267 ¹
Tryptophane	mg	39.2 ¹	39.9 ¹	28 ³	39.1 ²	30.6 ¹	37.1 ¹
Cystine	mg	44.0 ¹	36.1 ¹	45 ³	31.4 ²	30.5 ¹	31.9 ¹

Nutrient Composition of Yoghurt • Buttermilk • Maas



- Folic acid = Folate
- △ Fluorine = Fluoride
- Vitamin D values are best estimates, as reported in either IU or ug. 1 IU = 0.025ug

REFERENCES

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3. US DEPARTMENT OF AGRICULTURE, Agricultural Research Service. 1998. USDA Nutrient database for Standard Reference, release 12. Nutrient data Laboratory Home page, <http://www.ars.usda.gov/nutrient-data> (Last update, May 2008).
4. HOLLAND B, UNWIN ID & BUSS DH. 1989. *Milk products and eggs*. The fourth supplement to McCane & Widdowson's *The Composition of Foods* (4th Edition). The Royal Society of Chemistry and Ministry of Agriculture, Fisheries and Food.
5. SAYED N, FRANS Y & SCHÖNFELDT HC. 1999. *Composition of South African Foods*. Milk & Milk Products, Eggs, Meat & Meat products. SAFCOD. Medical Research Council.
6. As per calculated value.

(-) = Missing values.



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South African
Yoghurt • Buttermilk • Maas